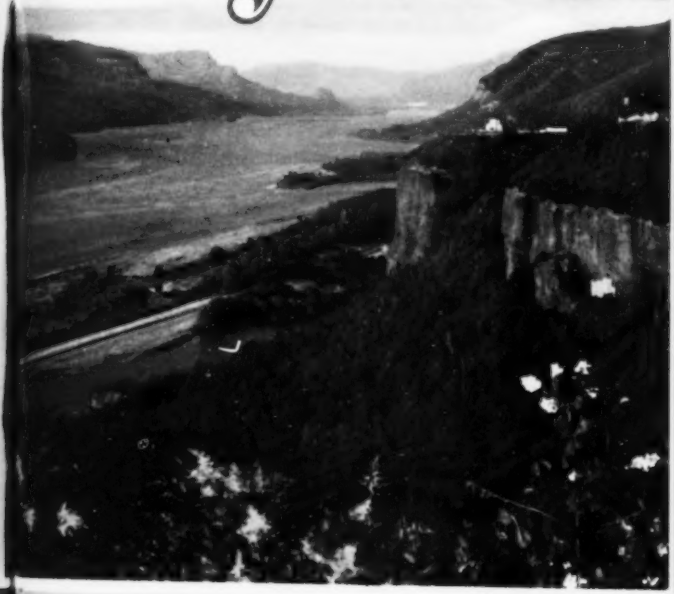
Daily Word



A UNITY PUBLICATION

AUGUST 1956

Pray with Silent Unity

PEACE . . . **Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.**

PRAYER FOR WORLD LEADERS: **Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.**

•

PRAYER FOR ILLUMINATION (11 a.m.): **My zeal is tempered with wisdom, and I am at peace.**

•

PRAYER FOR PROSPERITY (12 noon): **My zeal for spiritual things increases, and I am abundantly prospered, praise God!**

•

PRAYER FOR HEALING (9 p.m.): **The zeal of God quickens, vivifies, and vitalizes both mind and body and makes me every whit whole.**

DAILY WORD is nonsectarian. It is published monthly by UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI. Single copies at 15c each. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

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DAILY WORD

Edited under the inspiration of Silent Unity

Vol. 65 AUGUST, 1956 No. 2

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Hello Life!

MARTHA SMOCK

THE very small child does not feel frustrated or bored, ever. He bounds with life and energy. He sleeps only because he cannot stay awake; he sits down to a meal only because his parents insist on it; he lives intently and earnestly in the present. He falls asleep like an angel; he wakes with a bounce of joy. He does not sit still; he does not walk; he runs or hops or skips. Today is sufficient unto him; life is wonderful, it is full, it is an adventure.

Why should this boundless energy and enthusiasm for life ever be lost? We love the people who are filled with energy and vitality, who never are bored or listless, who always seem interested and absorbed in something. We point with pride to the George Bernard Shaws, the Winston Churchills, the Charles Fillmores, the Grandma Moseses of the world. We delight in their agelessness their enthusiasm for life, but we may think

that they are somehow different than we, that they are the unusual people of the world, the great souls, the geniuses.

But the actual difference lies not in the amount of energy for life that they possess, but in the way this energy is used by them.

Have you ever thought that you are a powerhouse of energy! Most of us do not think of ourselves in this way. We tell ourselves that we do not have the energy to do things that others have, that we tire easily, that we do not have much strength or vitality. Even the most tired and listless person has what amounts to a dynamo of energy hidden in the least little cell of his body. He does not seem to have energy because he does not use the energy he has. He does not let this life, which is the life of God within him, express itself through him.

If the small child bounds with energy, so should we! The life of God in us is unchanging; it is no different in a child than it is in an adult. There is no reason for us to lose the feeling of boundless energy and enthusiasm for life.

Why does the child seem to have abounding energy without effort? The answer must lie in the difference in the manner in which a child goes at life.

The child lives for the moment—most of us

are thinking about the past or the future. The present moment does not hold vital interest for us; the present task wearies us; the hours of the day seem to move too slowly to please us. Gradually we fall into a slow pace of living, a routine that fills our time but does not use our energy, does not stir our imagination, does not rouse us to great joy, except occasionally. The unimportant becomes important to us; mealtime becomes a ritual; the mailman is anxiously awaited; if the paper boy misses us it is a minor catastrophe.

The greatest gift of God is life itself, and we stir up this life by affirming life, by refusing to let ourselves fall into negative, defeating attitudes of mind or routines of living. The times when we feel least alive, least awake, least enthusiastic are the times when we need to affirm "I am alive, alert, awake, joyous, and enthusiastic about life." When we stir up the gift of life within us there is always a response, for we are made for life. We are essentially spiritual beings, ageless, eternal.

The small child's field of interests may be very limited, but at least he throws himself into the thing of the moment with complete joy, complete absorption. He has the seeing eye, the hearing ear, the curious mind, the happy heart.

We can learn something from watching a little

child. Perhaps this is one of the ways in which "a little child shall lead them." Many great thinkers and philosophers have searched long and hard for the answer to happy living and have arrived at the same conclusion in essence: to be happy is to live as the small child does, to live for the moment, to live now.

There is not one of us if we really looked about us but could find something to be interested in, something to lose our heart to, something to give our energy to. Somehow, as grownups, we feel guilty oftentimes about showing interest in or giving time to the ordinary things around us. We are too busy, we think. We have too many things on our mind, there are too many things ahead of us to do to stop for a moment and just enjoy life for life's sake.

But it is exactly at such times that we need to stop, to look about us, to rediscover the small enchantments right at hand. In losing ourselves in the enjoyment of life for a little, we gain new perspective, we become less preoccupied, less harrassed, our lives become more productive and purposeful.

Physics defines energy as kinetic, or working energy, and potential energy. Energy is really power released in work. This does not mean that our energy is used up in the actual physical work

that we do, but that in whatever we give ourselves to with our mind, our physical powers, our whole being, we release the potential energy that is in us. The more energy we use, the more energy is released in us. We have all had times when we felt alive with energy, when our work seemed to flow through our hands, when it seemed that we ac complished things in half the ordinary time, and still felt fresh, untired, alive. This is the way we should feel all the time.

The times when we felt abounding in energy were the times when we were vitally interested in something; when we were more interested in what we were doing, or thinking, or participating in than we were in watching the clock for quitting time or in wondering how we would be able to keep awake.

Interest! Interest and energy, they are the key ideas, the key words, it would seem.

Wherever you are right now, whatever your particular place in life, think about yourself and about how you feel about yourself and your life. Do you feel alive and interested? Do you feel as if you cannot wait to see what is going to happen next? No one need ever condition himself to living a half-life. Something in us will not be satisfied with ourselves or our lives when we just go through the motions of living. We cannot find

joy and contentment in looking back on the happy days that are no more or in thinking ahead and daydreaming about some impossible time when we will be different, when life will be different. The answer can only be now. This is really the only time. It is now that we have to live, it is now that we must enjoy life if we are ever to enjoy it, it is now that we must release the energy that is in us; it is now that we must stir up new interest and new enthusiasm for living. We can do it, if we want to do it!

We can begin where we are, we do not have to change jobs, we do not have to be with different people, we do not have to move to some other city or travel in some foreign country. Where we are God is, life is, and where we are there are abounding interests, if we will but open our minds, our hearts, our eyes, our ears.

What you will discover as a new interest may not be what someone else would find absorbing, but that does not matter. Once you go at life like a small child, glad to be alive, eager, racing almost as it were to discover the curious and wonderful things that are all about you, life will not be the same for you, and you will not be the same. You will be so filled with energy that the hours in the day will not be long enough, and the years will not matter at all. You may even find yourself

like Charles Fillmore, at the age of ninety-two, writing out an affirmation for yourself, "I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do the things that ought to be done by me!"

You have unlimited life and unlimited energy; you have the whole world to explore and to discover. Wonderful you! Fortunate you!

AN INVITATION
FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph, Unity, WUX, Kansas City, Missouri, by telephone, BAltimore 1-4720, Kansas City, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

The following are excerpts from letters written to DAILY WORD. *We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use* DAILY WORD *and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.*

From England:

A year ago a friend subscribed to DAILY WORD for me. It has quite honestly changed my whole life. Immediately as I started reading a page every day, everything seemed to fall into the right place, and after nearly a year of unemployment (I am an actress) I suddenly got a very good television part, then a stage play, and then two films. In other words I haven't stopped working since. I

am completely convinced that this is entirely due to DAILY WORD and my consequent change of attitude and approach to life through reading these amazingly apt and helpful words.

From Cincinnati:

This comes as a thank you for the prayers and blessings you have sent me. At the time I started reading DAILY WORD my son was a helpless drinker. He had been in a mental hospital for the "D. T.'s." He got better, came home, and started all over again. I talked with him and prayed for him, to no avail it seemed, and then a friend sent me DAILY WORD.

After reading it for a few months I decided not to talk so much, just pray and wait. A short time after this I learned that he had stopped drinking whiskey because it made him sick, but beer bottles were always in his room.

Then I wrote to you for prayer. You sent me an affirmation to make for him, which I did, and one day he saw it, and oh joy! he thanked me for getting it for him. So I silently placed it on the bottom of the mirror in his room. During this time he stopped drinking beer and drank only wine. Silently I prayed and affirmed the truth.

Now for the past two weeks there are no new wine bottles in his room. His breath no longer

smells of wine. Where formerly he went filthy without a haircut, he is now clean once again, with his hair cut. I want you to share my joy in knowing he is coming back to himself. Now I see the working of faith through your help.

So I hope never to forget to "let go and let God."

From Colorado:

I would not miss reading DAILY WORD for the world. I keep several old copies with my current one and read them every day. There are things in them that mean so much to me. The copy for June 1954 is one of them. If you have it, I wish you would turn to June 11, 1954. This lesson means the world to me. I often use it twice a day and especially when I have to go downtown (always on the bus, alone). I was ninety-four last October. I always say, "Now God, I am putting myself in your care, so guide my footsteps and bring me home safely." I never feel afraid then. Then the lesson for June 1, 1954 is one I read night and morning. I read it for my son too.

From Idaho:

There are four of us in the office, and as soon as we have all arrived in the morning we take turns reading the DAILY WORD message for the day, before we go to work.

Wednesday *AUGUST 1*

I HEAR AND RESPOND TO THE INNER CALL TO LIFE.

AT THE inmost heart of every cell there is life, radiant life. This is the hidden pattern of perfection in us; this is the life substance that forms and shapes us.

There is a demand for life in us, for we are created to live! Something in us never for a moment loses sight of the true nature of our being, something in us never for a moment doubts our immortality in God. Something in us knows with a knowing beyond human argument, "yet in my flesh shall I see God."

In praying for healing let us remember that we of ourselves do not have to manufacture life, power, or energy. Let us remember that the life of God is in us, that the never-ending power and energy of Spirit activate and motivate our bodies, that the substance of life is continually renewing and regenerating every cell.

Affirm over and over that life is God's will for you, that His life is the essential element of your being, that every cell and atom of your body hears and responds to the call to life.

♣ *Yet in my flesh shall I see God.*—JOB 19:26 (A.V.).

Thursday

GOD WORKS IN AND THROUGH ME TO EXPAND AND ENRICH MY LIFE.

I DO not fret about the success and advantages that other persons may be enjoying. The achievements of others inspire me to develop and to use the talents and the abilities that are uniquely mine.

I rise quickly above feelings of envy and self-pity by remembering that God has given me qualities that are prerequisites of a successful, rich, and happy life. A keen, alert mind, a strong, vitalized body, an undefeatable, accomplishing spirit, and a wealth of inner resources are my heritage from God.

Daily I yield myself to God's direction and guidance so that He may reveal to me how I can make the most of my heritage. Daily I ask God to use me as a channel of greater service and more fulfilling self-expression.

I rejoice with others in the well-being, happiness, and success that is theirs, and I am joyous in the realization that God works in and through me to expand and enrich my life.

♣ *He did it with all his heart, and prospered.*—II CHRON. 31:21.

Friday

THERE IS ONLY ONE PRESENCE AND ONE POWER IN MY LIFE, GOD, THE GOOD, OMNIPOTENT.

I RECOGNIZE only God, the good. I know that He is the only power at work in and through me. God is my guide; He is my help in every need.

He is with me in all that I do this day. I will remember this in every situation, I will keep it uppermost in my thoughts about all persons and things. I will keep myself in tune with God and with His good. I will remember that the only power is God, the good.

I am not afraid of any person, for God is in all persons, and God is good. I have confidence in the presence and power of God in all. I know that God is the only power in any situation, that there can be no difficulty too great for His power to overcome.

I hold to the idea that there is but one presence and one power, God, the good, omnipotent. I make it my working principle. I live by this principle; I use it in every department of my life.

♣ *Jehovah is good, a stronghold in the day of trouble.* —NAHUM 1:7.

Saturday

THROUGH CHRIST WITHIN ME I AM FREE.

THROUGH Christ, mighty in the midst of you, you can free yourself from all false habits and become an entirely new person. It is your divine birthright to exercise power and dominion over every limiting condition. You have within you all the strength you need, all the love and wisdom you need to make a new life for yourself, a life filled with freedom, joy, happiness, and achievement.

Say to yourself, "Through Christ within me I am free." Center your faith in Him. Rely on the overcoming power of His Spirit in you to set you free. Remember that God loves you with an everlasting and continuing love, that He has placed the Christ within you, your fulfillment, your "hope of glory."

If you would feel freer and more in control of your life and affairs, remind yourself again and again that Christ is in you, that He is your all-conquering strength, that He is your eternal freedom.

♣ *For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.* —GAL. 5:1.

Sunday

BLESS ALL LANDS WITH PEACE; BLESS ALL PEOPLE WITH JUSTICE; FILL ALL THE WORLD WITH THY LOVE AND LIGHT, O LORD.

IN MY prayers today I reach out in thought to all the world. I think of the far corners of the earth, I think of the places and the people that need freedom, justice, order, and right conditions. I give thanks in faith that "the earth is Jehovah's," that His Spirit permeates the near and the far, that His Spirit in the midst of men forever inspires them and guides them into paths of peace.

I think of the people in every land, and I know that it is through them that changes will be wrought, that it is through them that peace will be brought forth, that it is through them that adjustments will be made and conditions made right. I see God in all the people of the world and I rejoice that His Spirit is working in and through His children, north and south, east and west, that His Spirit is drawing all of humankind together in oneness.

That thy way may be known upon earth,
Thy salvation among all nations.
—PSALMS 67:2.

Monday

"LET THE WORDS OF MY MOUTH . . . BE ACCEPTABLE IN THY SIGHT."

WHAT WORDS are acceptable in the sight of God? Surely not words of despair, defeat, condemnation, disease, or lack.

God is love, and words of love—kindness, understanding, tenderness, patience, friendliness, good will, appreciation, encouragement, praise, forgiveness, humility—are acceptable in His sight.

God is life, and words of life—vitality, power, enthusiasm, health, wholeness, joy, success, accomplishment, prosperity, fulfillment—are acceptable in His sight.

God is light, and words of light—brightness, happiness, warmth, radiance, cheer—are acceptable in His sight.

God is faith, and words of faith—purpose, truth, sincerity, strength, expectancy, confidence, optimism—are acceptable in His sight.

God is good, and words that are good and true are acceptable in His sight. Today I will speak words that are acceptable to God.

Let the words of my mouth . . .
Be acceptable in thy sight.
—PSALMS 19:14.

Tuesday

GOD WORKS IN AND THROUGH ME TO MAKE ME HAPPY, SUCCESSFUL, AND PROSPEROUS.

WHATEVER our work is this day, whatever tasks are before us to accomplish, we can do them and do them well when we realize that God works in and through us. He is with us to guide us, to bless us, and to help us in everything we undertake.

The realization that God works in and through us gives us faith in ourselves and in our abilities. When we take the thought "God works in and through me to make me happy, successful, and prosperous," we put ourselves in tune with the power of God Himself.

As we work with God we are able to give ourselves wholeheartedly to the work at hand; we are able to be a successful channel for service. When we are in tune with the power of God, our minds are open to new ideas; we see new and better ways of doing things; we are able to accomplish more than ever before.

As we work with God the feeling of happiness in our hearts will keep us buoyed up all day long.

♣ *Stir up the gift of God, which is in thee.*—II TIM. 1:6.

Wednesday

I AM STRONG, VITAL, ALIVE; FILLED WITH ENERGY, ENTHUSIASM, AND ZEST FOR LIVING.

If I feel a lack of interest in life, if I seem tired most of the time, I need to change my thinking about myself and my life. I need to know that God is the source of my life, that He lives, moves, and dwells within my being, that from Him I draw energy, vitality, and strength.

I will stir up my zest for living by affirming that I am alert, vital, alive, interested in all that is going on in the world about me. I will be willing to take part in the activities that make life rich and full.

There is no limit to the vitality and strength that are mine when I realize that the life of God permeates every cell and atom of my being. I recognize the source of life; and I am constantly renewed and revitalized. I rejoice that I have all the energy that I need to accomplish the things that are mine to do; that I never need feel tired or depleted. I give thanks that the more I draw on the divine source of life within, the more life I experience, the greater is my vitality.

♣ *Let the weak say, I am strong.*—JOEL 3:10.

Thursday *AUGUST 9*

I BELIEVE IN THE LAW OF DIVINE JUSTICE.

GOD IS the Spirit of divine justice, and His law is above man-made law.

I believe in the law of divine justice. I know that under God's law no one can deprive me of what is truly mine.

I do not fret or become unhappy or discouraged if there seems to be the appearance of injustice. I trust the Spirit of God to adjust the situation. I realize that there is but one power in the universe, the power of God. I affirm that regardless of appearances to the contrary the divine law of justice is working perfectly with respect to every individual and every situation.

I work with the law of divine justice by endeavoring to be fair and just in all my dealings with others. I give thanks that I am governed by God's law of divine justice. I give thanks that I am one with God and with His changeless good.

I believe in the law of divine justice and I express this belief in all my thoughts, words, and acts. I know that every situation can be perfectly adjusted.

♣ *It is a joy to the righteous to do justice.*—PROV. 21:15.

Friday

GOD IS IN CHARGE OF MY AFFAIRS, AND HE IS WORKING THROUGH ME TO ESTABLISH ORDER.

GOD IS in charge of all my affairs. His right action is expressed in every detail and every department of my life.

God is all wisdom and He is able to direct, to adjust, and to bring to perfect fulfillment everything that concerns me. God is working through me now to establish His order and to bring forth His good into my affairs.

I do my part by being faithful in prayer. I remind myself often through the day that God is in charge of my affairs. This keeps my thoughts where they belong—on God, on the perfect idea of order. This keeps me mindful that all power and all wisdom are in God. This blesses me with a relaxed, peaceful, happy feeling about everything in my life. When God is in charge, I have nothing to fear. I know that all things are working together for good and that God is working in me and through me to make all things right.

Commit thy way unto Jehovah;
Trust also in him, and he will bring it to pass.
—PSALMS 37:5.

Saturday

WHEREVER I AM, GOD IS. WHENEVER I TURN TO HIM HIS RESPONSE IS IMMEDIATE, UNFAILING, SURE.

How wonderful it is to know that I can contact God instantly. He is not far off or apart from me. Wherever I am, God is. He is the light and life of my being. He is the love, understanding, power, peace, and strength within me. At any moment, day or night, I may reach God simply by turning my thought to Him. I know that He is with me, that His response is immediate, unfailing, sure.

I can talk to God and tell Him of my aspirations, of my deepest needs and longings, or I can simply become very still and let His loving presence pervade my whole being.

When I commune with God every burden and care is lifted from me. All that has seemed confusing or perplexing becomes clear and comprehensible. Mentally, emotionally, and physically I am refreshed and renewed.

How serene, confident, and strong I become as I abide in the realization that I dwell in God!

✤ *Thou shalt make thy prayer unto him, and he will hear thee.*—JOB 22:27.

Sunday

I GIVE CHEERFULLY.

GOD LOVES a cheerful giver. How important it is to remember this when we give! The most expensive gift can be meaningless if it is given in a grudging or sense-of-duty manner, and the simplest gift is greatly enriched if it is given cheerfully, lovingly, and unselfishly.

God loves a cheerful giver. I will remember this, not only on special occasions but every time I have the opportunity to give the gift of a word of Truth or an act of helpfulness to another. I will speak cheerfully; I will act cheerfully. I will give my gift, whatever it may be, freely, lovingly, cheerfully, thankfully.

When I give a gift of love, I give it cheerfully. When I give a gift of service, I give it cheerfully. When I give a gift of attention, I give it cheerfully. Whatever the occasion, whatever the gift, I give it cheerfully, and my heart is lifted and filled with happiness.

I give cheerfully.

I live cheerfully.

♣ Let *each man* do *according as he hath purposed in his heart: not grudgingly, or of necessity: for God loveth a cheerful giver.*—II COR. 9:7.

Freedom

ELIZABETH LANDE

Lord, in Thy freedom let me find
Broad cloudless avenues of mind
Where I may free my joyful soul,
For I have made the stars my goal,
And freedom is my heart's ideal!
Let me mount up as eagles wheel
Above the crags and cliffs of fear,
Yet run and not be weary near

Thy gentle foothills of restraint—
Teach me to walk, Lord, and not faint,
While leaning on Thee like a rod.
For freedom is the gift of God,
And mine for all eternity,
Yet I must first learn to be free
Within the walls of my own heart.
Lord, be my guide! Teach me the art!

Monday

THROUGH THE CHRIST MIND YOU ARE UNIFIED IN THOUGHT, PURPOSE, AND UNDERSTANDING, AND INSPIRED TO RIGHT ACTION FOR THE GOOD OF ALL MANKIND.

LET US bless the leaders of our own country's affairs; let us bless world leaders with this thought of unity. In spite of differences in beliefs, in spite of divergences in political parties, underneath it all a oneness exists, a spiritual oneness that cannot be defeated or destroyed. Let us lift up our thoughts above personalities and personal party ties and give thanks that God is working through all those in high places to bring about good for all.

In our thoughts about our country's leaders or about world leaders let us not dwell on the things that we do not approve of, rather let us pray for a quickening of the Spirit of God in mankind, so that the right leadership, the leadership that is needed will be forthcoming. God perfectly answers every need, of this we may be sure. He is with us, with our country, with the world, our guide, our light, our assurance of good.

♣ *So didst thou lead thy people, to make thyself a glorious name.*—ISA. 63:14.

Tuesday

IN GOD I LIVE AND MOVE AND HAVE MY BEING. HE SATISFIES MY LONGING SOUL, AND FILLS MY LIFE WITH HIS GOOD.

IF I have an experience that seems to weigh me down, that makes me feel defeated or hopeless, I will remember that I do not have to meet anything alone. God is with me, a strong and enduring presence.

The Spirit of God in me is able to see me through any difficult or trying time; the Spirit of God in me bears me up and gives me the strength and the courage to go on. The Spirit of God in me makes me to know that love is never lost, even though human affections may change.

I live and grow and learn through my experiences. Never for an instant am I left desolate; never is there a time when I am alone or friendless. God is with me. God loves me. I will remember this.

I will remember, too, that the goodness of God rushes in to fill the void in my life as I lean on Him, abide in Him, release my hurts to Him, entrust my heart to Him.

♣ *Thy Maker* is *thine husband; the* LORD *of hosts* is *his name.*—ISA. 54:5 (A.V.).

Wednesday

GOD'S PURE LIFE FILLS MY BODY, AND HEALS ME NOW.

GOD'S PURE life is filling me with vitality and strength. I let go of old thoughts or old patterns of ill health. I lay hold of new patterns of health, vitality, and glowing vibrant life. I think of His pure life within me, active in the functions of my body, constantly renewing me after the perfect pattern of perfection.

No matter what the outer picture or the opinions of others, I keep my faith strong and unwavering and centered in God, my Creator. I affirm that the divine intelligence that made me is active in me now, healing, renewing, and restoring me in every part.

I relax and rest in the life of God. I rejoice that my mind and body are working together in harmony. I have faith that God's pure, vitalizing, renewing life is active in me, creating in me a perfect body and a perfect mind.

God's pure life fills me now.

✤ *For this is the will of my Father, that every one that beholdeth the Son, and believeth on him, should have eternal life.*—JOHN 6:40.

Thursday

MY LIFE IS TRANSFORMED THROUGH THE POWER OF GOD IN THE MIDST OF ME.

WE CAN meet life with courage and faith rather than with timidity and apprehension. In every disturbing situation we can be poised, calm, and peaceful. We can be enthusiastic about life and filled with the joy of living. If our life is not as happy, beautiful, and successful as we should like it to be, then through prayer, we can change our thinking, feeling, and living. Is this realization not heartening and strengthening!

Through daily prayer we become allied to the strength, power, and wisdom of God. Prayer quickens in us the conviction that we can be the person we long to be, that we can accomplish the things we long to accomplish. Prayer increases our awareness of God's overcoming Spirit in us, and the way to victorious living becomes apparent to us. Our thinking becomes clarified, purposeful, and constructive. Our feeling nature is strengthened. Our faith grows strong.

> *Thou wilt show me the path of life:*
> *In thy presence is fulness of joy.*
> —PSALMS 16:11.

Friday

GOD'S LOVE INFOLDS AND PROTECTS ME.

"I WILL say of Jehovah, he is my refuge and my fortress."

I live and move and have my being in God. No matter where I go, what I do, or under what conditions I live, God's protecting love infolds and blesses me. This realization makes me fearless and courageous. I know that God will take care of me.

I bless my dear ones in the realization that they, too, live and move and have their being in God. I am not anxious or fearful about them, even though they may be many miles from me. I place them in the loving care of God, knowing that wherever they are He is with them, a strong, mighty tower of protection.

My dear ones and I rest in God's love. We abide in His presence. We are under His protecting care. In this assurance I take refuge. I rejoice, and I am at peace.

He that dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty.
I will say of Jehovah, He is my refuge and my fortress;
My God, in whom I trust.

—PSALMS 91:1, 2.

Saturday

PEACE FILLS MY MIND AND HEART, AND I AM SUSTAINED AND COMFORTED.

"I WILL not leave you comfortless: I will come unto you." The Master's words are a staff on which to lean. They bring us blessed assurance. They remind us of the loving Christ presence, the Holy Comforter, who is with us, sustaining us through any time of trouble.

The Christ is with you, sustaining, blessing, and comforting you. He is with all persons who need the "peace . . . which passeth all understanding."

If you know of someone who needs the blessing of comfort, see him infolded in the loving Christ presence. Your prayers can help others to find poise and stability. Your prayers can help to lift up the hearts of others and bring them peace.

Through your faith the blessing of renewed poise, courage, and strength can be given to another in his hour of need.

You, too, will find strength and peace as you pray for those who need comfort, and the peace of Christ will infold you and fill your mind and heart.

♣ *I will not leave you comfortless: I will come to you.* —JOHN 14:18 (A.V.).

Sunday

LET THY WILL BE DONE IN MY LIFE.

I SET aside my personal will, my personal desires, my personal thoughts, my personal plans in order that the infinite will and plan of God may be done in me and all my affairs. I know that no matter how wonderful my plans seem to me, the will of God is greater and more wonderful. In the quiet of my prayer time, I know that God's will, God's plan for my life will be revealed. In this assurance, I turn to God and say: "Father God, let Thy will be done in my life."

God's will for me is:
Joy, not sorrow;
Strength, not weakness;
Success, not failure;
Prosperity, not lack;
Health, not disease;
Faith, not fear;
Eternal life, not death.

In complete confidence, I lift up my heart and mind to God for the revelation of His good and perfect will.

Father God, let Thy will be done in my life.

♣ *Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.*—LUKE 12:32.

Monday

I REJOICE IN AND KEEP STEP WITH THE UPWARD, PROGRESSIVE MOVEMENT OF LIFE.

IT HAS been said that progress is "man's distinctive mark alone," that "God is . . . man partly is and wholly hopes to be."

Progress is the law of our being. The Spirit in us is continually impelling us forward, planting our feet on higher ground, calling us onward and upward.

We need to remember that we are in the process of becoming perfect; and we need to be open and receptive to growth in every department of our lives. It is easy to let ourselves get into a rut; we are tempted sometimes to turn our backs on change; we are tempted sometimes to fight to keep things just as they are and have been.

Let us not settle for the imperfect; let us not rest with the *status quo*. Let us listen to the Spirit in us that calls us forward. Let us be willing to change old ways and old methods; let us not be fearful of the new or the untried. Let us give thanks that we are made for progress, that it is our distinctive mark.

♣ *Now are we children of God, and it is not yet made manifest what we shall be.*—I JOHN 3:2.

Tuesday

TODAY I WILL BE VERY PATIENT WITH OTHERS.

TODAY I ask myself, "Am I as patient with others as I should be? When others are slow to grasp things that come easily to me, am I patient with their apparent slowness? When others fail to overcome their weaknesses as quickly as I should like, am I as patient with them in their overcoming as I want them to be patient with me in mine?"

Today I will be very patient with others. I will remember that God's Spirit within them is unfolding according to the level of their growth and understanding.

I will never lose sight of the truth that, as with all growth and unfoldment, the spiritual development from within cannot be forced or hurried.

I would always be mindful of the fact that surely everyone is doing the best he can, even as I am doing the best that I can.

I would be infinitely patient with others.

♣ *Love is very patient, very kind. Love knows no jealousy; love makes no parade, gives itself no airs, is never rude, never selfish, never irritated.*—I COR. 13:4 (Moffatt Version).

Wednesday

IN GOD WE ARE ALL ONE IN SPIRIT.

DO YOU know that we in Silent Unity begin our day with DAILY WORD? The first half hour of every day is spent in meditating on the DAILY WORD lesson for the day, in praying with and for all our friends everywhere.

Do you know that our special blessings are with you every day? Every morning when we have our DAILY WORD meeting, we think about all our readers and friends and give you our blessing. We affirm the prayer for the day for you, knowing that you are with us in faith, that you are with us in spirit, that you are with us in using the selfsame words of Truth.

We know that God is with you and that you are relying on Him at all times, in all needs. We give thanks for your faith. We know that you are continually blessed. We know, too, that all the persons in your life—family, friends, and associates—are blessed by your radiant faith.

Whoever you are, wherever you are, whatever may be before you today, Silent Unity is with you in faith; we are with you in prayer.

♣ *Jehovah watch between me and thee.*—GEN. 31:49.

Thursday

I SEEK THE TRUTH WITH ALL MY HEART, WITH ALL MY MIND, WITH ALL MY FEELING.

How shall we seek the Truth? We must seek it with all our hearts, because it must be contacted through love. We must seek it with all our minds, because it requires our attention. We must seek it with purest feelings, because all must be harmonious.

God's Truth is within the heart of us all. We become aware of this Truth through our minds and give expression to it through our feelings. It is wonderful to know that we are linked with God, that our minds and hearts are a bridge, as it were, between us and God.

Truth is the perfection that ever seeks fulfillment through the minds, bodies, and affairs of all God's children. Truth is that which is eternally true in the heart of God, that which is continually proved in the lives of men as they learn to live in conscious oneness with Him.

As we seek the Truth with heart, mind, and feeling we shall indeed know the Truth, and the Truth shall make us free.

♣ *Ye shall know the truth, and the truth shall make you free.*—JOHN 8:32.

Friday

I HAVE WITHIN ME ALL THAT I NEED TO MEET THE DEMANDS OF THIS DAY SUCCESSFULLY.

GOD has placed within each one of us His own Spirit. We always have at hand the help we need.

If we are tempted to run away from the demands of the day, let us stop and quietly affirm God's presence and power right with us. He is where we are and He is instantly responsive when we call on Him.

Rather than feel that other persons stand in the way of our good or that conditions need to change before we can be happy or successful, let us remember that God in us is the source of every good thing we seek. Let us watch our thoughts and feelings; let us watch our reactions to persons and conditions. Let us learn through prayer and faith to keep a constructive attitude of mind. This is our foundation for true success.

Let us rejoice that we have within us all that we need to meet the demands of this day successfully.

♣ *That ye may be strengthened with power through his Spirit in the inward man.*—EPH. 3:16.

Saturday

I AM NOT CURIOUS ABOUT THE AFFAIRS OF OTHERS, NOR DO I CARRY TALES. I CAN KEEP BUSY AND HAPPY TAKING CARE OF THE THINGS THAT CONCERN ME.

THE CURIOUS person often seems to be the person who is ready to carry tales and to repeat things that have been told to him by others. Because all of us have seen tales grow out of their true proportions when they are frequently repeated we do not find it easy to react favorably or in a pleasant way to one who seems to be unduly curious. It is important to our own self-respect that we respect the confidence that others have in us by not talking over with another the things that have been discussed and by being careful not to pry into the affairs of others.

When our interest in others is a loving interest, tempered with the desire to be helpful in some situation we need not fear that it will be misinterpreted as meddling. However, when situations arise in the affairs of others and our help is neither sought nor needed, we can best bless all concerned by giving them and their affairs into God's loving care.

♣ *What* is that *to thee? follow thou me.*—JOHN 21:22.

Sunday

LOVING FATHER, I WOULD BE VERY KIND TODAY.

TODAY I ask myself, "Am I as kind to others as I could be? Do I always say and do the kindest things in the kindest way? Am I ever thoughtless or inconsiderate of the feelings of others?"

Loving Father, I would be very kind today. I now open my heart to the beautiful compassion of Jesus.

I would develop within myself a tenderness like His, that in all my dealings with others a healing gentleness may soften every word and action.

I pray, Father, for a graciousness of expression at all times. Though there may be times when I need to be firm and frank, there is never a time when I need to be cruel.

Father, I would remember that You are in my brother, the very spirit of life that animates his being, and therefore, whatever I do or say to him, I do and say to You.

Loving Father, I would be very kind to all today.

♣ *Put on therefore, as God's elect, holy and beloved, a heart of compassion, kindness.*—COL. 3:12.

Monday

GOD'S INFINITE POWER IS WITHIN AND AROUND ME. IT IS THE ATMOSPHERE OF MY LIFE.

YOU have your being in a realm of infinite power. It is within and around you; it is the atmosphere of your life, for you live and have your being in God.

You can draw on God's infinite power, and transform your life. The way to discover God's presence and power is through prayer, through a conscious realization of your oneness with Him. You can have health, happiness, prosperity, everything you need, for God is with you the living source of all.

Think about the power of God. Become very still and relaxed in mind and body. Let go of fear, tension, worry, or strain, and invite God to come into your mind. Open yourself to His power and inspiration. Let His Spirit flow in and through you. In the realization of His power within you, you will be filled with an awareness of life, love, and joy. You will be filled with new power to claim your good.

♣ *But ye shall receive power, when the Holy Spirit is come upon you.*—ACTS 1:8.

Tuesday

I WORK JOYFULLY, FOR MY WAY IS CLEAR. I AM WALKING IN THE LIGHT OF GOD.

As silently as the dawning of a new day, a light dawns in my life. Where once I seemed to be in darkness, now everything is light. I know that God is with me. The shadows that seemed to surround me have disappeared. The burdens that seemed to press down on me have been lifted. My mind, heart, and body are filled with light, joy, strength, and courage. I look forward eagerly to each new task, for I know that the light of God is making my way clear.

The eternal light of God's presence transforms my whole world. My mind works easily and quickly, for it is completely free from any anxiety. My heart is happy and filled to overflowing with a song of thanksgiving. My body is relaxed and filled with strength. I am calm, poised, and sure of my God-given ability to meet every situation in my life successfully. I am surrounded and filled with light.

I work joyfully, for my way is clear. I know that I am walking in the light of God.

♣ *Ye were once darkness, but are now light in the Lord: walk as children of light.*—EPH. 5:8.

Wednesday

I GO TO GOD IN PRAYER AND LEARN OF HIM.

PRAYER is many things, but today I would consider prayer as a way of learning. I would put from my mind my own problems; I would turn my whole attention to God. I would relax—mind, body, and spirit—and rest in a state of oneness, in a state of close communion with Him.

In the stillness I pray: Dear Father-God, today I would be receptive to You. Pour into my being the lessons You would have me learn. Fill my mind with Your thoughts. Flood my body with Your vital life. I would learn to know You ever more dearly, more closely. Even as I come to understand, little by little, but with an ever-deepening perception, Your tremendous power, Your amazing wisdom, Your all-inclusive love, so would I come to understand my own being and my place in Your universe.

As I go about my day's activities I strive to maintain a feeling of closeness with God. I look to His Spirit within me to guide and to teach me all things.

✤ *Grace to you and peace be multiplied in the knowledge of God and of Jesus our Lord.*—II PET. 1:2.

Thursday

MY FATHER AND I ARE ONE. NOTHING CAN SEPARATE ME FROM HIM.

FATHER, because You are love and I am Your child, I am one with Your love. In Your love I am safe and secure. In our oneness, my life is without limitation.

In our oneness, my supply is immeasurable, for You are all substance.

In our oneness my prayers are answered, and I am content.

In our oneness my peace is unshakable, for You are peace.

In this peaceful, assured consciousness, my thoughts reach out to bless others. I see my loved ones, my friends, and all other people everywhere infolded in Your presence, for You are one with them. I do not need to fret about anyone, for You are with all persons and are taking care of them. You are their guide, health, and supply. You are their peace and safety; in You they are complete and whole.

In You, Father, all that I am and all that I seek to be is perfect and complete.

♣ *I am in the Father, and the Father in me.*—JOHN 14:11.

Friday

I NOW RELAX ANY TENSE OR POSSESSIVE HOLD I MAY HAVE ON OTHERS.

TODAY I ask myself, "Am I too possessive in my dealings with others? Do I ever make the mistake of thinking that I actually own another person, that another person belongs to me?"

I now relax any tense or possessive hold I may have on others. I know that every person in my life belongs solely and unconditionally to God. I now release them in my mind and heart; I now loose them and let them go.

I entrust all my human relations to God in the realization that His love will bring about only that which is for the highest good of all concerned.

I now give my friends and dear ones the freedom of expression that God gives to me, freedom to follow the guidance of their hearts as directed by their own indwelling Christ.

I make of my love for others a bond, never a bondage.

♣ *Forbearing one another in love; giving diligence to keep the unity of the Spirit in the bond of peace.*—EPH. 4:2, 3.

A TREASURE YOU WILL NOT WANT TO MISS

Have you read *The Unity Treasure Chest?* If not, you are missing a valuable book that has become immensely popular since it was first announced early this year. Its publication is unique in the history of Unity, for this collection of all-time favorite Unity writings has been published by the international publisher Hawthorn Books, of New York City.

Every Unity student will want a copy for his library, for it collects under one cover eighty-three selections chosen from the best that Unity has published through the years. A special index by subject on the inside covers makes it convenient to find just the inspiration you need. A department telling about the authors of the selections in the book is also included.

The Unity Treasure Chest offers 363 pages of vital Truth teaching, with an introduction by Lowell Fillmore. Beautifully bound, it is available at your local bookstore, Unity center, or from Unity headquarters priced at $4.95 a copy.

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HE HEALETH ME

If you would like to know more about divine healing—why and how it works, read "He Healeth Me," by Stevens Hatfield in the August issue of *Unity* magazine.

This article was originally printed in the February, 1949 *Unity* and now, more than seven years later, Unity is still receiving requests to reprint the article. Because of the special healing help that it offers, "He Healeth Me" will be printed again in its entirety in the August issue of Unity.

"The same healing power that Jesus knew and used is available to everyone who has faith in God as his health," the author tells us. "There is no condition of mind, body, or affairs that cannot be healed when divine love is invoked through prayer and the mind is kept in an attitude of praise, free from fear and worry."

Each month *Unity* contains excerpts from the writings of Charles Fillmore, articles and poems by well-known Unity authors, Sunday-school lessons, and many special features.

Why not order a subscription to this stimulating magazine today? *Unity* is priced at $1 a year for twelve issues.

UNITY SCHOOL OF CHRISTIANITY
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THE POSITIVE APPROACH FOR TEEN-AGERS

You teaches teen-agers the positive approach to life. It shows, in a vivid and interesting way, how young people can solve their daily problems constructively.

For instance, an article in the August *You* tells in an entertaining fashion how to say good-by and leave when you are visiting. For the benefit of those who have difficulty in breaking away from people gracefully, "It's Time to Go Home," by Helen L. Renshaw, tells how to make the first move toward leaving and how to follow it through, avoiding the danger points along the way.

"Quicksand," by Wayne C. Lee, shows how any challenge can be met with courage and inner strength. This exciting story tells how a sixteen-year-old boy rescued from quicksand the wagon boss of an outfit traveling to settle in Colorado.

With timely stories, articles, poems, and many feature departments, *You* helps teen-agers learn the art of living. It comes each month for only $1 a year, and makes a fine gift.

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DAILY WORD HELPS FRIENDS, TOO

"I appreciate so much," writes a friend, "being able to use the Prosperity Bank plan to pay for Unity books and gift subscriptions. It gives me a wonderful feeling of having helped people when I hear how much good DAILY WORD has done for them."

Using the Prosperity Bank plan and sharing your good with friends opens the way for more good to come to you. Find out for yourself how well this plan works by mailing the coupon below today.

Unity School of Christianity, Lee's Summit, Mo.

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HOW TO MAKE YOUR LIFE BETTER

Do you sometimes have problems that you need help in solving? Would you like to learn how to make your life run more smoothly? Using Truth principles in solving your problems can bring you greater prosperity, better health, and can make your whole life better.

You can learn more about using Truth during Lessons in Truth Week, September 10 to 16 this year. During that time Unity friends all over the world will read or review *Lessons in Truth,* by H. Emilie Cady, the fundamental Unity textbook. Following its teaching has helped thousands to a better life, and it can help you.

A special booklet entitled *The Lessons in Truth Study Guide* has been prepared to aid you in your study. *Lessons in Truth* is $1 a copy, and the *Guide* is free. Why not order your book and *Guide* now, and find the way to a better life during Lessons in Truth Week this year. (If you already have the book, Unity will gladly send the *Guide* free on request.)

UNITY SCHOOL OF CHRISTIANITY
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River

What is a river? That am I.
But who can say what rivers are?
Am I the water flowing by?
Am I the near bank and the far?

You chart my depth and breadth and course
And find about me nothing strange—
But I say, rivers are more force
Than fact, are everlasting change.

Though your description and your name
May fit me now, I shall not stay
Even a moment hence the same—
I am already on my way.

Out of the infinite, a flow
Of life across infinity,
Into the infinite, I go
How like a river to the sea.

—*James Dillet Freeman; Be!*